

Download How To Raise Your Adult Children Because Big Kids Have Even Bigger Problems

No one would argue that raising children of character demands time and big effort. While having children may be doing what comes naturally, being a good parent is much more complicated. If you want to know how to raise a child, follow these steps. Put parenting first. This is hard to do in a world ...Set clear expectations for behavior. Even if you rely on your adult child for support or your child has moved out and no longer answers to you, you still dictate how you're treated.Learn the basic principles of healthy parenting, avoid mealtime battles, and encourage physical fitness. Raising a happy, healthy child is one of the most challenging jobs a parent can have -- and also one of the most rewarding. Yet many of us don't approach parenting with the same focus we would use for a job.What makes toddlers happy may surprise you. Child development experts who study the subject say that happiness isn't something you give toddlers – it's something you teach them.. Edward Hallowell, psychiatrist and author of *The Childhood Roots of Adult Happiness*, says over-indulged children — whether showered with toys or shielded from emotional discomfort — are more likely to grow into ...